**Seahawks Swimming ~ July 2015**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **30** | **29**  SR~6:45-9AM@E  Ag1~7-8:30 PM @ M  Ag2 ~ 5- 7 PM @ Hess  Ag3 ~ 7-8:30 PM @ M  Ag4~5-6:30PM@Hess  SS1~4:00-5:00PM@H  SS2~4:00-5:00PM@H  Sail~9-9:45AM@E  Dol~9:45-10:45AM@E | 30  SR~6:45-9AM@E  Ag1 ~8-10 AM @ E  Ag2~8:30-10 AM @E  Ag3 ~10-11:30 AM@E Ag4~8:45-10AM@E | **1**  SR-6:45-9:00AM @E  Ag1 ~8-10 AM  Ag2 ~ 9-10:30 AM  SS1~10-11AM@E SS2~9-10AM@E  Sail~9-9:45AM@E  Dol~9:45-10:45AM@E  ***Dual @ MRA*** | 2 SR~6:45-9:00AM@E  Ag1~8-10AM@E Ag2~8:30-10AM@E  Ag3~10-11:30AM@E | *3*  SR~5-7PM@Hess  Ag1 ~ 7-8:30 PM @ M  Ag2 ~ 5-7 PM @ H  Ag3 ~ 7-8:30 PM @M  Ag4 ~ 7-8:30PM @ M  SS1~4:00-5:00PM@H  SS2~4:00-5:00PM@H | *4*  SR~TBA |
| *5* | 6  SR~6:45-9AM@E  Ag1~7-8:30 PM @ M  Ag2 ~ 5- 7 PM @ Hess  Ag3 ~ 7-8:30 PM @ M  Ag4~5-6:30PM@Hess  SS1~4:00-5:00PM@H  SS2~4:00-5:00PM@H  Sail~9-9:45AM@E  Dol~9:45-10:45AM@E | 7  SR~6:45-9AM@E  Ag1 ~8-10 AM @ E  Ag2~8:30-10 AM @E  Ag3 ~10-11:30 AM@E Ag4~8:45-10AM@E | **8**  SR-6:45-9:00AM @E  Ag1 ~8-10 AM  Ag2 ~ 9-10:30 AM  SS1~10-11AM@E SS2~9-10AM@E  Sail~9-9:45AM@E  Dol~9:45-10:45AM@E  ***Dual @ OCCC*** | 9  SR~6:45-9:00AM@E  Ag1~8-10AM@E Ag2~8:30-10AM@E  Ag3~10-11:30AM@E | 10  SR~5-7PM@Hess  Ag1 ~ 7-8:30 PM @ M  Ag2 ~ 5-7 PM @ H  Ag3 ~ 7-8:30 PM @M  Ag4 ~ 7-8:30PM @ M  SS1~4:00-5:00PM@H  SS2~4:00-5:00PM@H  **Pitt Meet** | 11  SR~TBA  **Pitt Meet** |
| **12**  **Pitt Meet** | 13  SR~6:45-9AM@E  Ag1~7-8:30 PM @ M  Ag2 ~ 5- 7 PM @ Hess  Ag3 ~ 7-8:30 PM @ M  Ag4~5-6:30PM@Hess  SS1~4:00-5:00PM@H  SS2~4:00-5:00PM@H  Sail~9-9:45AM@E  Dol~9:45-10:45AM@E | 14  SR~6:45-9AM@E  Ag1 ~8-10 AM @ E  Ag2~8:30-10 AM @E  Ag3 ~10-11:30 AM@E Ag4~8:45-10AM@E | **15**  SR-6:45-9:00AM @E  Ag1 ~8-10 AM  Ag2 ~ 9-10:30 AM  SS1~10-11AM@E SS2~9-10AM@E  Sail~9-9:45AM@E  Dol~9:45-10:45AM@E  ***Dual @ Mariners*** | **16**  SR~6:45-9:00AM@E  Ag1~8-10AM@E Ag2~8:30-10AM@E  Ag3~10-11:30AM@E  **JOs** | **17**  SR~5-7PM@Hess  Ag1 ~ 7-8:30 PM @ M  Ag2 ~ 5-7 PM @ H  Ag3 ~ 7-8:30 PM @M  Ag4 ~ 7-8:30PM @ M  SS1~4:00-5:00PM@H  SS2~4:00-5:00PM@H  **JOs** | **18**  SR~TBA  **JOs** |
| **19**  **JOs** | **20**  SR~6:45-9AM@E  Ag1~7-8:30 PM @ M  Ag2 ~ 5- 7 PM @ Hess  Ag3 ~ 7-8:30 PM @ M  Ag4~5-6:30PM@Hess  SS1~4:00-5:00PM@H  SS2~4:00-5:00PM@H  Sail~9-9:45AM@E  Dol~9:45-10:45AM@E | 21  SR~6:45-9AM@E  Ag1 ~8-10 AM @ E  Ag2~8:30-10 AM @E  Ag3 ~10-11:30 AM@E Ag4~8:45-10AM@E | **22**  SR-6:45-9:00AM @E  Ag1 ~8-10 AM  Ag2 ~ 9-10:30 AM  SS1~10-11AM@E SS2~9-10AM@E  Sail~9-9:45AM@E  Dol~9:45-10:45AM@E | **23**  SR~6:45-9:00AM@E  Ag1~8-10AM@E Ag2~8:30-10AM@E  Ag3~10-11:30AM@E | 24  SR~5-7PM@Hess  Ag1 ~ 7-8:30 PM @ M  Ag2 ~ 5-7 PM @ H  Ag3 ~ 7-8:30 PM @M  Ag4 ~ 7-8:30PM @ M  SS1~4:00-5:00PM@H  SS2~4:00-5:00PM@H | 25  SR~TBA |

Practice Site codes: E=EHT M=Mainland H=Hess

## \*\*Make sure to pay attention to your email as practice may need to change

\*\* Monday July 27th will follow the same Monday schedule as the rest of July  
\*\*League Champs are tentatively Tuesday July 28th